

# SPINACH, SUNDRIED TOMATO & MOZZARELLA FRITTATA

Recipe courtesy of *Diane Henderiks*

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## Ingredients:

- 1 tbsp. olive oil
- ¼ cup red onion; finely chopped
- ¼ cup sundried tomatoes; thinly sliced
- 2 cups baby spinach leaves; washed and completely dried
- 1 clove garlic; minced
- 6 egg whites
- ½ cup shredded part-skim mozzarella cheese
- Salt & freshly ground pepper to taste
- 2 tbsp. fresh parsley; finely chopped

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## Directions:

1. Place oven grate about 8 inches from broiler apparatus. Preheat oven to 375°.
2. Heat 1tsp. olive oil in large oven safe sauté pan over medium heat.
3. Add onion and sundried tomatoes and toss to coat well with oil.
4. Sauté 5 minutes until the vegetables begin to soften.
5. Add spinach and garlic and sauté 2 more minutes. Remove from heat.
6. In a large bowl, whisk the egg whites well.
7. Stir in spinach mixture and cheese and season with salt and pepper.
8. Heat remaining 2 tsp. olive oil in pan.
9. Add egg mixture, reduce heat to low and shake the pan to level ingredients.
10. Cook about 10 minutes until the eggs are just set.
11. Turn oven up to broil.
12. Place pan on grate under broiler for 2 minutes.
13. Remove from heat & sprinkle with parsley.
14. Enjoy!